

MIAMI SPRINGS SENIOR CENTER-SEPTEMBER 2019

SERVICES and ACTIVITIES

- Residents of Miami Springs, age 60 + are eligible to participate in a variety of services and activities offered at the City's Senior Center.
- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.-12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with peers.
 - **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Michelle Larea, the program's consulting Registered Dietician or the Elderly Services Manager.
 - **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to local grocery store and assistance is given with shopping. Field trips are also planned each month.
 - **HEALTH SUPPORT ACTIVITIES:** All students must be registered with the Senior Center to participate in the following:
 - **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00-10:00 a.m.
 - **WEIGHTS & AEROBIC DANCE CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 -11:00 a.m.
 - **LEG STRETCHING & STRENGTHENING**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00-10:00 a.m.
BALANCE & CORE WORKOUT
Fridays.....10:00-11:00 a.m.
 - **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30pm-1:30 pm
- Classes above are held at the Miami Heat Room, 1st floor, Recreation Center at 1401 Westward Dr.**
- **FLOOR YOGA CLASSES – I & II**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 -11:00 a.m.
Held at the Curtiss Mansion

PROGRAMS

HEALTH SUPPORT & EDUCATION
Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. Classes are free for residents age 60+ that register with the senior center.

The following programs are currently scheduled for September:

- **Art Classes-** Art classes on a variety of topics are offered **Every Friday** with Morgan Lorenzo from **12:15-2:15pm @ the Aquatic Center.** All supplies are included.
- **Mt. Sinai Medical Center** will present a talk (subject TBA) on **September 11th from 12:15pm-1:15pm**
- **Nutrition Education- Tuesday, September 17th at 12:15pm.** Topic: Maintaining Bone Health. Each month, the Senior Center Dietician, Michelle Larea provides helpful nutrition education information on a variety of topics. This information is presented by Senior Center Manager, Tammy Key.
- **Wednesday, September 18th- FREE Blood Pressure Screening.** Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center from **10am-11:30am.**
- **"Crime Watch" Program" -** Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **Tuesday, September 24th at 12:15 p.m.** at the Senior Center. The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.
- **Fall Prevention & Screening Event – September 25th from 10am-12:30pm** with St. Catherine's West Rehabilitation Hospital. Falls are the leading cause of nonfatal injuries among older adults. Physical Therapists will be at the Senior Center to test your balance and determine your risk of a fall with evidenced based assessments. A free blood pressure screening and a history of falls questionnaire will also be provided.
- **Miami-Dade Public Library System's TECHNOBUS**
The library's mobile technology innovation lab will visit the Recreation Center/Aquatic Center Parking lot on **September 30th from 10:00am-11:30 am.** The bus brings digital services and devices directly to the senior center and provides residents of all ages with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by and visit.

For more information on any of the services, activities, or special programs offered, or to volunteer your time or talents please contact us @ (305) 805-5160.



September Birthday Celebration
Held on Sept. 19th @ The Aquatic Center from 12:00-1pm featuring
Cake & Ice Cream
Sponsored by
Leonard Real Estate Group
BIRTHDAYS

Doris B.....	3
Augustin IR.....	4
Basilia O.....	5
Angie A.....	8
Norma G	11
Hector S	13
Victor C.....	14
Elsie L.....	15
Rudolfo C	16
Elizabeth C... ..	16
Carmen S.....	16
Dawn H.....	16
Linda K.....	18
Gloria dG.....	18
Frank L.....	19
Oscar C.....	21
Francisco L.....	21
Andree S.....	22
Fernando P.....	22
Judy O.....	22
David P.....	25
Sara L.....	26
Manuela J.....	27
Viola N.....	28
Mercy C.....	28
Carlos G.....	30
Rodolfo T.....	30

BINGO

Monday, 9/9
Monday, 9/16
Monday, 9/23
Monday, 9/30

MONTHLY RAFFLE, 9/20

FIELD TRIPS

*Trips are limited to 18 participants.
Sign up at the front desk!*

SHOPPING at WALMART
Thursday, 9/5
From 1:30pm - 4:30 pm

SHOPPING at FRESCO Y MAS
Thursday, 9/12
From 1:30pm - 4:30 pm

SHOPPING at PUBLIX SABOR
Thursday, 9/26
From 1:30pm - 4:30 pm

